

YOGA FOR KIDS!

WHY YOGA FOR KIDS?

Yoga is great for kids! In addition to physical benefits such as greater flexibility and strength, it can help foster greater focus, self-awareness and self-esteem in a non-competitive environment. These life skills are key to coping with stress as they continue to grow! ***Class will meet at the Commons on the Green.***

**INSTRUCTOR:
BRITTANY WILSON**

**THIS IS AN ON-GOING CLASS
BEGINNING MONDAYS JANUARY 23, 2016
5:15-5:45PM for ages 3-12 years old
*Registration is required, but it is available
at the time of the class.***

**For more information/Para más Información:
Email: CALangley@lexingtonnc.gov Call: 336-248-3960
Or Like us at www.facebook.com/COLParksandRec**

**COST:
FREE!**

